

Chatter Newsletter



Ken Baxter Community Center • A Newsletter for Seniors



May/June 2015

Welcome Back!



After patiently waiting, we are now back at our refreshed facility that we call home. Thanks to a community development block grant and a generous donation from the Stillaguamish Tribe, we were able to make some much needed upgrades. We have new appliances and a new plaza outside with benches and outdoor plaza, fresh paint, new lights, floors and carpeting. Please stop by and see us!

Center Hours:
Monday - Thursday
9AM to 4PM
Friday · 9AM to Noon

Good Health · Companionship · Friends · Community Pride

Calendar for May and June

Healthy Communities Challenge Day

**June 6, 2015
10AM to 2PM**

Allen Creek Elementary · 6505 60th Drive NE · Marysville

Join us at the 7th Annual Healthy Communities Challenge Day and get started on healthier living this summer. Activities and events include local health and fitness agencies, kids arts and crafts, plant seeds, fitness demos, giveaways, healthy food vendors, suppliers and more!

FREE FAMILY FUN!

For more information call (360) 363-8400 or visits
www.marysvillewa.gov

Weekly Events for Seniors

Mondays

9:00 am - Aerobics
9:30 am - Café Baxter
10:00 am - Clogging
12:00 pm - Pinochle

Tuesdays

9:00 am - Gourd Class
10:00 am - Caregiver Supp.
(1st & 3rd Tues)
12:00 pm - Bridge

Wednesdays

9:00 am - Aerobics
9:00 am - SHIBA (FREE)
(3rd Wed by appointment)
10:30 am - Book Club
(3rd Wed)
1:00 pm - Movie (3rd Wed)
1:00 pm - Attorney (FREE)
(1st Wed by appointment)

Thursdays

10:00 am - Chair Massage
(1st & 3rd Thurs. by appt.)
10:00 am - Genealogy
10:00 am - Beg. Clogging
12:30 pm - Driftwood Sculpture
1:00 pm - Hand & Foot Canasta
1:00 pm - Mah Jong

Fridays

10:00 am - Woodcarving

For programs with appointments, please call (360) 363-8450.

Go online to register! Marysvillewa.gov

Low Impact Aerobics



We are looking for an instructor to formally teach this class. In the meantime, we have a great group of participants who are meeting every week to either do a workout video together or go for a walk. Meets at the Community Center. No class on 5/25. FREE

Day	Date	Time
Mon/Wed	May 4-27	9-10 am
Mon/Wed	June 1-29	9-10 am

Driftwood Sculpture

Learn how to find and clean a piece of driftwood, then oil and finish it, turning it into an amazing piece of art. Artists and non-artists alike will enjoy driftwood sculpture with instructor Arline DePalma.



Each student will be given a piece of wood in class. Please bring a towel with you.

Day	Date	Time	Fee	Class#
Thur	May 7-28	12:30 - 2:30 pm	\$38	13205
Thur	June 4-25	12:30 - 2:30 pm	\$38	13209

Essential Oils - Spring Cleaning

From toxic to terrific! Learn how to replace chemical cleaning products and commercial bug repellants with essential oils. Instead of being poisoned while you clean and protect yourself, you can actually be getting aromatherapy! We will share many ideas and recipes for even better results from many of your everyday products. You will also receive samples to take home. Taught by Rietta Costa and Illuminata. Located at the Jennings Park Barn at 6915 Armar Road.

Day	Date	Time	Fee	Class#
Thu	May 28	6:46 - 8:30 pm	\$15	14125

Woodcarving Studio

Learn how to carve beautiful things out of wood in this open studio format. Experienced and beginning woodcarvers welcome. Students teach one another and share techniques. Bring your own tools and decide what kind of project you would like to pursue.

Day	Time	Fee
Fri	9 am-12 pm	\$3 per visit, drop-in



Highlighted Classes

Genealogy

Learn the basics of research, finding your ancestry through the computer, library, archives and more. Beginners and those experienced in genealogy alike will enjoy this class. Please call a day or two in advance if it's your first time attending.

Regular Genealogy (for all levels)

Day	Time	Room
Thur	10am-12pm	Comeford

Caregiver Support Group

Caring for a family member or friend offers many positive, life-giving rewards. It can also be stressful due to increased demands and responsibilities. If you are an unpaid caregiver, you are not alone! Consider attending this group and get some support and great ideas. Program meets the first and third Tuesdays of each month. FREE



Day	Time	Room
Tues	10am-11am	Comeford



Defensive Driving

This refresher defensive driving course is for people age 55 and over. You may even get a discount on your car insurance. Call your insurance company to be sure. You must register in advance for this class; but not pay until you come in. The cost is \$15 if you are a current AARP member and \$20 if you are not, payable to your instructor in class with cash or check. Register through the Community Center by calling (360) 363-8450. The actual class itself takes place at fire station 66 7217 40th St. NE in Marysville. (Near the Sunnyside Nursery)

Day	Date	Time
Sat	May 18	9:00 - 5:00 pm
Wed/Thur	June 17 & 18	9:00 - 1:00 pm

SHIBA

SHIBA stands for Statewide Health Benefits Advisor. SHIBA is a network of trained volunteers through Senior Services that are here to assist, educate and inform you of your rights regarding health insurance issues including assisting with supplement healthcare decisions in a non-biased format. To make an appointment by phone, please call the Community Center. Meets on the third Wednesday of each month. FREE

May 20th Movie

Lost w/ Reese Witherspoon (R)



June 17th Movie

The Imitation Game w/ Benedict Cumberbatch (PG-13)

1:00 pm

More Events Plus Trips

Energy Healing for People and Animals - An Introduction

Learn about energy and how it plays a role in our health and the health of our pets. Covered in this workshop will be several energetic concepts including auras and chakras, understanding the human and animal energy systems, and the benefits energy healing has through stress reduction, relaxation and immune system support. Participants will experience energy work through hands on exercises. Melissa Bell is a Healing Touch for Animals® practitioner and a Reiki master. She enjoys working on people and animals of all kinds. (Please do not bring your pet to class)

Day	Date	Time	Fee	Class#
Sat	June 3	6:00 - 8:00 pm	\$25	13965



Historic Stevenston BC








Stevenston was one of the most important ports in North America at the height of the salmon-canning industry. Today the quaint village is still one of the largest commercial fishing ports in Western Canada but also boasts many other wonderful tourist attractions including the Gulf of Georgia National Historic Cannery. Participants will enjoy a tour of the historic Canning Line complete with award-winning museum exhibits. Explore the lovely waterfront area, peruse the seasonal Stevenston Farmers and Artisans Market, perhaps stroll to Garry Point Park and of course enjoy a delicious no-host lunch at one of the many wonderful waterfront cafes and eateries. Wear comfortable and weather appropriate clothing and sturdy, supportive walking shoes. Please note: Proof of citizenship (current passport, DMV enhanced driver's license or NEXUS card) is required to cross the border. REGISTRATION DEADLINE Friday, May 29.

Day	Date	Time	Fee	Class#
Sun	June 7	9:00 - 5:30 pm	\$72	14106

Deception Pass Boat Tour

Be whisked away to Whidbey Island and visit some of its most loved and visited locations. First stop, lovely LaConner where you'll have time to enjoy all the wonderful sights, sounds, smells and of course, shops! Next up, Rosario Beach and Bowman's Bay. Once here you'll explore the endless beach and tidal pools, enjoy a picnic lunch and learn about the creation of the state's most visited park. Next stop, Deception Pass Boat Tours. You'll board the Island Whaler and not only learn about the Deception Pass Bridge and surrounding areas, but you'll see it like never before! Last stop, Snowgoose Produce home of 'immodest' ice cream cones and farm fresh Skagit Valley produce! Pack a sack lunch, water and snacks for the first part of the day. Bring money for additional food and purchases. Wear weather appropriate clothing and comfortable, walking shoes. And don't forget your camera and binoculars! REGISTRATION DEADLINE Friday, July 10.

Day	Date	Time	Fee	Class#
Sat	July 25	9:30 - 5:00 pm	\$79	14107

<p>Rehabilitation • Postacute Care</p>  <p>360.659.3926 1821 Grove St. Marysville, WA 98270 www.LCCA.com Joint Commission accredited</p>	 <p>Grandview Village A VILLAGE CONCEPTS RETIREMENT COMMUNITY</p> <p><i>Apartments available. Call for a tour and meet our staff and friendly residents!</i></p> <p>5800 64th Street NE, Marysville, WA (360) 653-2223</p>	<div data-bbox="1117 199 1518 283"> <p><i>City of Marysville</i></p> </div>  <div data-bbox="1128 1186 1502 1375"> <p><u><i>Notice to our subscribers</i></u> <i>We do not endorse any product, service or program discussed and/or displayed at the Center or in the newsletter. You are responsible for making your own informed decisions when dealing with any individual or business.</i></p> </div>
 <p>A Unique Memory Care Community</p> <p>1216 Grove Street Marysville, WA 98270 (425) 436-6028</p> <p>Private Rooms Cozy Environment Caring Staff Activity Program</p> <p>Or Email Kelley@carepartnersliving.com</p>	<p>ELDER LAW • WILLS TRUSTS • POWERS OF ATTORNEY</p> <p><i>Planning for the Future - Helping with the Past</i></p> <p>Paul McConnell Attorney at Law</p> <p>Member: National Academy of Elder Law Attorneys</p> <p>1636 3rd St. • Marysville • (360) 658-6580</p>	
 <p>Right at Home offers care giving services for almost any family and practically any situation. Our in-home care lets your loved one enjoy life in the comfort of a familiar environment and we tailor all of our services to your unique situation through a Custom Care Plan. Call today and let us make life less complicated for you.</p> <p>425.290.1714 · rahsnoco.com</p>	<p><i>“A Place to Call Home”</i></p> <p>Windsor Square Retirement Apartments</p> <p>9912 48th Drive NE, Marysville, WA 98270 (360) 653-1717 windsorsquare@gres.com <i>Check us out on our web site at:</i></p>	
 <p>May book title: Chill of Fear by Kay Hooper</p> <p>June book title: Oranges and Sunshine by Margaret Humphries</p>	<p>KBCC Coffee Bar</p> <p>The Community Center serves fresh coffee daily! Monetary donations or unopened cans of fresh coffee is always appreciated. Help us to keep the coffee, “brewing!”</p> <p>Thank you!</p> 	



Ken Baxter Community Center
514 Delta Avenue
Marysville, WA 98270

**The Community Center
will be closed on Monday,
May 25th
in honor of the
Memorial Day Holiday**



Find us on the Internet - Marysvillewa.gov
Phone Number : (360) 363-8450

All programs are subject to change without notice. Please check your newsletter or call KBCC for more detailed program information.